

Healthy Foods for Children's Celebrations

Celebrations are Great!

Celebrating milestones or holidays are important, but food at children's celebrations can be unhealthy and may have little nutritional value. Read through this page to discover some delicious, healthy food ideas to include at your child's next celebration!

Healthy Food Ideas

- Fruit and cheese kababs: put grapes, melons, cheese cubes, and berries onto a wooden kabob stick
- Homemade trail mix: provide bags of granola or whole grain dry cereal, dried fruit, and nuts for children to make their own trail mix
- Fruit smoothies: blend frozen fruit, yogurt, and a bit of 100% fruit juice
- Yogurt parfaits: layer granola, fruit, and yogurt in plastic cups. Provide on a tray covered with plastic wrap, or let the kids make their own
- Assorted fruit platter: arrange chunks and slices of fruit on a tray; to make it even more fun, use a hollowed-out watermelon half
- Veggie and dip platter: baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip
- Vegetable sticks with spread: celery or carrot sticks served with nut butter or cream cheese. Top with raisins for an old favorite – ants on a log!
- Snack kabobs: veggie or fruit chunks skewered onto thin pretzel sticks
- Sweet potato fries: baked sweet potato wedges, tossed lightly with olive oil and salt
- Cottage cheese or yogurt with fruit and/or granola: try using fresh grapes, frozen berries, or canned peaches or pineapple
- Apple treats: sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter
- Chips and salsa: use whole grain baked pita chips or baked tortilla chips. For something new, try bean dip instead of salsa
- Taco roll-up: small, whole wheat tortilla rolled with cheese, beans, and salsa
- Turkey roll-up: turkey slice rolled up with cheese
- Mini pizzas: top pita bread or half a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted
- Mini bagel with spread: try cream cheese, nut butter, or hummus

Final Considerations

For more information about healthy eating and active living resources, please email 5210healthywashoe@nnph.org